

An aerial photograph of the Norfolk Lakes residential development. The image shows a large, winding lake with several small islands and peninsulas. The water is a light brownish-grey color. The surrounding land is green with grass and trees. In the upper right, there are several large, red-roofed buildings, likely part of the residential complex. The sky is not visible.

NORFOLK LAKES

OPENED 2016

Year 5 & 6
Norfolk Lakes Residential
Wednesday 3rd - 5th July 2024



Year 5&6

NORFOLK LAKES
residential trip

OPENED 2016

3rd - 5th July 2024



Coach company:

My Hill's Minibus

An aerial photograph of the Norfolk Lakes Golf Course. The image shows a large, winding lake in the foreground and middle ground, surrounded by lush green grass and dense trees. In the upper center, there is a large, modern clubhouse with a grey roof and several red-roofed wings. A parking lot is visible next to the clubhouse. The overall scene is a serene landscape with a mix of water, greenery, and built structures.

NORFOLK LAKES

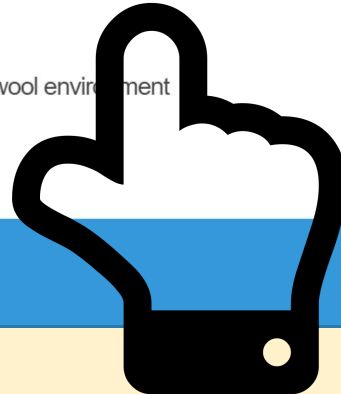
OPENED 2016

Itinerary



OUTDOOR PURSUITS FOR THE DEVELOPMENT OF YOUNG PEOPLE

We provide an introduction to outdoor pursuits in a cotton wool environment



Click on the picture
for a link to the site
information

Wednesday (provisional - tbc)

8:35 - Arrive to school as per normal with possessions

12:45 - Leave school

14:15 - Arrive at Norfolk Lakes

15:00 - Room set-up

17:00 - Activity 1 & 2

19:00 - Dinner

19:30 - Activity 3

9:00 - Bedtime



Thursday (provisional - tbc)

8:30 - Breakfast

9:00 - Activity 1 & 2

12:30 - Lunch

2:00 - Activity 3 & 4

7:00 - Dinner

7:30 - Activity 5

9:00 - Bedtime



Friday (provisional - tbc)

8:30 - Breakfast

9:00 - Activity 1 & 2

12:00 - Lunch and preparing bags

13:30 - Leave Norfolk Lakes

15:00 - Arrive back at school (collect from school)



An aerial photograph of a golf course featuring a large clubhouse with a red roof and several smaller buildings. The course is surrounded by numerous green lakes and is densely populated with trees. The overall scene is lush and green.

NORFOLK LAKES

Meals

OPENED 2016

Sample	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch
Meat 1.		<u>Burgers Baps</u>	Jackets Potatoes	Hot Dogs Hot Dog Rolls	breaded fish
Meat 2.		Chicken Burgers	Chilli, Cheese & Beans, Tuna Mayo	Chicken & Turkey Hot dogs	Chicken Wings
Veggie		Veggie Burgers	Cheese & Beans	Veggie Hot Dogs	Veggie Schnitzel
Carbs / Veg		Chips Salad Bar	Salad	Chips Salad Bar	Hoops Chips Salad Bar
	Dinner	Dinner	Dinner	Dinner	Dinner
Meat 1	Southern Fried Chicken	Chicken Skewer	Steak Bake	Meatballs in Gravy	
Meat 2	Lasagna	Cottage Pie	Chicken Casserole	Chicken Curry	
Veggie	Veggie Lasagna	Vegetable Pie	Vegetable Casserole	Veggie balls in Sweet & Sour	
Carbs / veg	Potato Wedges / Green Beans	Sauté potatoes Peas & Gravy	Mashed Potato Carrots	Rice Sweetcorn	
Puddings	Chocolate Brownie	<u>Orio Donuts</u>	Lemon Cake	Carrot Cake	

Accommodation

An aerial photograph of a large, historic stone building, likely a manor or estate, featuring multiple chimneys and a green lawn. The building is surrounded by lush green trees and a stone wall. The word "Accommodation" is overlaid in large black text.

A photograph of a row of three red brick terraced houses. Each house has a brown tiled roof with a chimney and a satellite dish. The ground floor features a central front door and two side windows, while the first floor has three large windows. Each house is accessed via a small porch with a black metal railing. A blue banner with the word 'ACCOMMODATION' in white capital letters is overlaid on the left side of the image.

ACCOMMODATION



Bedrooms

- Mostly bunk beds
- Ensuites for some rooms
- Mepal & Witcham designated accommodation area only
- Preferences: up to 3 friends
- Room allocations will be announced upon arrival .

An aerial photograph of a large, historic stone building, likely a manor or estate, featuring multiple chimneys and a large lawn. The building is surrounded by lush green trees and a stone wall. The word "Checklist" is overlaid in the center.

Checklist

What to pack

- Sleeping bag, Pillow and Pillow case
- Small suitcase or large backpack
- Torch
- Toiletries (toothbrush, soap, sanitiser, deodorant (roll-on only), shampoo)
- Towel and flip flops
- Pyjamas
- Tops (including long sleeve), trousers, shorts, outfits for 3 days. (no denim)
- Seasonal clothing (jumpers/ coats VS shorts...)
- Waterproof jackets/trousers
- Sunglasses/ sun cream/ lip balm
- Reading book
- Medication
- Trainers (no open toe); walking boots
- Plastic bag for dirty clothes
- Refillable water bottle



WHAT TO WEAR (notes from the centre)

For all sessions you should wear sensible, appropriate clothes and shoes, which are suitable for the weather conditions. Out of session you need old clothes appropriate to the season.

All clients with long hair must tie their hair back whilst on session.

CANOE, KAYAK, RAFT BUILD, STANDUP PADDLE BOARDING & SAILING (Depending on the time of year)

Wear 1 or 2 layers of warm clothes for example:

T-shirt, long sleeved top and jogging bottoms.

Waterproof jacket and trousers.

Wear old footwear, for example: trainers, pumps/gym shoes.

DO NOT WEAR JEANS. DO NOT WEAR WELLINGTON BOOTS, CROCS OR FLIPFLOPS.

If you are taking medication, please remember to bring it with you for the session.

FENCING, BLIND TRAIL, CAVING

Long trousers, safe shoes/trainers.

ALL OTHER ACTIVITIES (Depending on the time of year)

Wear warm and comfortable clothes, for example: 1 or 2 layers of T-shirts, long sleeved tops, and shorts/jogging bottoms.

Bring waterproof jacket and trousers.

DO NOT WEAR JEANS. DO NOT WEAR WELLINGTON BOOTS, CROCS OR FLIPFLOPS.

Appropriate length shorts (NOT 'hot pants') and T-Shirts can be worn, weather permitting and at the discretion of the lead instructor.

Wear sensible footwear that will support your feet, for example: Walking boots, strong shoes, approach shoes or trainers. Make sure that your laces are done up properly.

If you are taking medication, please remember to bring it with you.

Medication

An aerial photograph of a large, historic stone building, likely a manor or estate, featuring multiple chimneys and a large lawn. The building is surrounded by lush green trees and a stone wall. The word "Medication" is overlaid in the center in a large, black, sans-serif font.

Up-to-date - has any medication expired?

Temporary medication forms MUST be completed *incl.*
travel sickness

Bring in medication

Anything pre-existing medical conditions we need to know?

Safety



Nearest hospital - Norfolk Hospital

First aiders on site at all times

Teachers will have contact details

Ensure up-to-date contact information

Children responsible for their own possessions

Medication

No mobile phones

No money

Children must be picked up from school

